

Nutrition Exam 1 Study Guide

Nutrition is defined as -

The science that studies food and how food nourishes our bodies, and influences our health

Nutrients required in large amounts that provide us with energy are:

They are: -

Macronutrients

Carbs, lipids, and protein

Nutrients required in small amounts that do not provide energy are:

They are: -

Micronutrients

Vitamins and minerals

How many calories per gram do you get from Carbohydrates, Proteins, and Lipids? -

Carbs: 4

Protein: 4

Lipids: 9

What are the AMDR's for (% of total calories that should come from...) our macronutrients? -

Carbs: 45-65%

Fat: 20-35%

Protein: 10-35%

When a patient is consuming enough of a nutrient, but blood levels are low, they have a _____ deficiency. -

Secondary

The four components of a healthful diet are: -

flexible, adequate, balanced, varied

What are the food groups as indicated by the USDA food guide? -

Grains, vegetables, fruits, proteins, and dairy

The USDA MyPlate guidelines are based on the _____, which are updated every 5 years. -

Dietary Guidelines for Americans

How do you know what nutrition claims can be trusted, and who can you trust with nutrition information? -

You can trust food labels

A registered dietician

academy of sports medicine

What is the difference between nutrient dense and calorie dense foods? Give one example of each. -

Nutrition Study Guide

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Tamburro, Neal J. Thomas, 2012-04-10 This is the first comprehensive study guide covering all aspects of pediatric critical care medicine It fills a void that exists in learning resources currently available to pediatric critical care practitioners The major textbooks are excellent references but do not allow concise reading on specific topics and are not intended to act as both text and study guide There are also several handbooks available but these are usually written for general pediatric residents and lack the advanced physiology and pathophysiology required for the higher level pediatric critical care practitioner **Critical Care Study Guide** Gerard J. Criner, Rodger E. Barnette, Gilbert E. D'Alonzo, 2010-06-27 Critical care

medicine is a dynamic and exciting arena where complex pathophysiologic states require extensive knowledge and up to date clinical information An extensive knowledge of basic pathophysiology as well as awareness of the appropriate diagnostic tests and treatments that are used to optimize care in the critically ill is essential Since our first edition 7 years ago new information crucial to the care and understanding of the critically ill patient has rapidly accumulated Because this knowledge base crosses many different disciplines a comprehensive multidisciplinary approach presenting the information is essential similar to the multidisciplinary approach that is used to care for the critically ill patient We have strived to provide this content in an easily digestible format that uses a variety of teaching tools to facilitate understanding of the presented concepts and to enhance information retention To meet the demand to provide comprehensive and diverse education in order to understand the pathogenesis and optimum care of a variety of critical illnesses we have substantially revised the prior topics in the first edition with updated information We have also markedly expanded the number of topics covered to include acute lung injury and the acute respiratory distress syndrome an expanded discussion of the physiology and operation of mechanical ventilation obstetrical care in the ICU neurosurgical emergencies acute coronary syndromes cardiac arrhythmias role of whole body rehabilitation in the ICU ethical conduct of human research in the ICU and nursing care of the ICU patient

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Nowicki, Caroline Bunker Rosdahl, Eileen Klein, Mary T. Kowalski, 2002-11-21 This excellent study guide helps LPN LVN students get the most out of the Textbook of Basic Nursing Eighth Edition This concise learning tool allows students to review all the key material from the Eighth Edition and features a self study CD ROM they can use to help prepare for class or examinations

Nutrition Education Materials Holly Berry Irving, 1987 Food and Nutrition Information and Educational Materials Center Catalog Food and Nutrition Information Center (U.S.), 1976

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Essentials of Nutrition Colleen G. Dick, Brigham Young University. Food Science and Nutrition Department, 1973

Anatomy And Nutrition For Body And Health (Speedy Study Guides) Speedy Publishing, 2015-01-24 Anatomy Nutrition and Health is extremely complex all by itself So many ligaments food compounds and health ABC's that somehow are supposed to make sense and then on top of that stay at the forefront of your memory Enter the study guide It is that book you got that sits on your shelf but it is exactly what it claims to be It can lead you to the correct conclusions and even help reinforce concepts that escaped you all this time

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Study Guide and Review of Practical Nursing Helen Fredericka Hansen, 1958 Study Guide Kelly Bouas-Henry, 2005 By Kelly Bouas-Henry, Missouri Western State College and Douglas A. Bernstein the Study Guide employs numerous techniques to help students learn. Each chapter including the optional Industrial/Organizational Psychology chapter contains a detailed outline, a key terms section that presents fresh examples and learning aids, plus a fill-in-the-blank test, learning objectives, a concepts and exercises section that shows students how to apply their knowledge of psychology to everyday issues and concerns, a critical thinking exercise and personal learning activities. In addition, each chapter concludes with a two-part self quiz consisting of 40 multiple choice questions. An answer key tells the student not only which response is

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